

FOOD AND MEAL IDEAS FOR 4 TO 8 YEAR OLD CHILDREN

Food	Serving size	Recommended daily serves
Vegetables & Legumes	75g	4 ½
Fruit	150g	1 ½
Grains & Cereals	40g bread equivalent	4
Lean Meat & alternatives	65g meat equivalent	1 ½
Dairy & Alternatives Fluid	250mL milk equivalent	Girls: 1 ½ Boys: 2 1.2 L

Use these recommendations as a guide!

Always have water available. This age group needs about **5 cups of water daily**.

There is an allowance of 1 serve of unsaturated spreads/oils or nut/seed pastes (1 ½ - 2 tsp)

Discretionary foods should be limited to no more than ½ a serve

	OPTION 1	OPTION 2	OPTION 3
BREAKFAST	 1 ½ wheat biscuit + ½ cup milk + 1 plum	 ⅓ cup high fibre breakfast cereal + ½ cup milk + ½ cup mixed berries	 1 slice wholemeal toast + ½ cup reduced salt baked beans + ½ cup unsweetened canned fruit
MORNING TEA	 1 cup homemade popcorn + ½ cup raw vegetables (e.g. carrot, cucumber capsicum)	 2 wheat crackers + ½ mashed avocado + 40g cheese	 ½ cup cucumber + carrot stick + 1 slice wholemeal toast with thin spread of Vegemite
LUNCH	 1 egg in ½ pita pocket made + 1 ½ cup salad + 1 pear	 1 wrap + 40g chicken breast + ½ cup salad + ½ cup extra vegetables on the side	 4 rice cakes + 1 tbsp cream cheese + 1 cup salad + ½ cup canned lentils/beans
AFTERNOON TEA	 6 cherry tomatoes + ½ cup milk to drink	 1 medium banana	 100g plain yogurt + ½ cup fruit salad
DINNER	 Spaghetti bolognese (65g meat + ½ cup grated carrot + ⅓ cup spaghetti + 20g cheese) + 1 cup cooked vegetables	 Beef stir fry (65g beef + 1 cup mixed vegetables) + ½ cup noodles	 Chicken kebabs (70g chicken + 1 cup mixed vegetables) + ½ cup rice
EXTRAS FOR BOYS	 100g plain yogurt	 100g plain yogurt	 ½ cup milk to drink